

Reclaim Your Voice Survivors Group

Seneca College and Humber College are partnering with Reclaim Your Voice to provide survivors with the opportunity to join in a four-week virtual group.

Reclaim Your Voice workshops offer opportunities to decrease the isolation that can impede the healing process. Creative expression is considered to be one of the most effective ways to process pain. This group will give students who have experienced gender-based violence, sexual violence, or harassment the opportunity to come together to participate in creative writing and other supportive activities.

Tuesdays (March 9th to March 30th, 2021)

4:30pm - 6pm on Zoom

To register, please email caroline.larocque@senecacollege.ca

Reclaim Your Voice is a grassroots organization which creates safe spaces where people who have experienced abuse and sexual violence can share their stories.

Please note: Although this is a supportive group, there may be conversations that are triggering for some people. A Student Support & Intervention Coordinator will be available for support.



Reclaim Your Voice Survivors Group



Jungle Flower
Facilitator for Reclaim Your Voice

Reclaim Your Voice was created in 2012 by Jungle Flower to provide safe spaces where people who have experienced abuse and sexual violence can share their stories. Jungle Flower is a Toronto-based poet, speaker, workshop facilitator, and trauma-informed writing guide who found healing through her work in the survivor community.



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